

Douglas (Anne) 1711

THE
Countess of MORTON'S
DAILY EXERCISES
OR
A BOOK
OF
PRAYERS,
AND
RULES

How to spend the time
in the Service and Pleasure
of Almighty God.

The Ninth Edition.

LONDON,

Printed for R. Royston, Bookseller to
His most Sacred Majesty. 1679.

J. M. J. M.
his Book

1482.a.44





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THE
CITY OF LONDON
DAILY EXERCISES
OF
A BOOK
OF
PRAYERS



How to be
of the City
of London

London

London
Printed by
J. Smith, 1856

T O
The Right Honourable
The Lady

ANNE

Countess of

MARSHALL:

AND

To the Pious Memory of
Her Excellent Mother

The Lady *ANNE*

Late Countess of

MORETON:

*By whose earnest desire
and Religious care, this
BOOK was framed, and*

A 3

made

made her devout exercise
whilest she lived, recom-
mending the Transcript
and use thereof to many
others, and particularly to
her who now publisheth and
presenteth it to the Religi-
ous and private use of all
Devout Persons, according
to the desire of the Honou-
rable LADY, to whom it
is Dedicated,

By

Her Ladyship's

most humble Servant,

M. G.

I Have perused this
Book, and finding no-
thing in it but what
may tend to the increase of
Private Devotion and
Piety, I recommend it to
my Lord, the Bishop of
London, for his Licence
to have it Printed.

Jo. DURHAME.

Imprimatur,

Tho. Grigg, R. P. D.
Humfr. Ep. Lond. à
sic. Dom.

Ex ædibus Lond.

Mart. 28. 1665.

A 4

PSAL. 55. 18.

In the Morning and
Evening, and at Noon-
day, will I pray, and that
instantly; and he shall
hear my voice.

PRAYERS
IN THE
MORNING.

PRAYERS

IN THE

MORNING.

In the Morning.

At Uprising.

EVery day let the first thing you do, and the first word you speak, tend to the worship and acknowledgments of Almighty God.

For upon our first thoughts commonly the thoughts and actions of the whole Day do depend: Therefore when you first awake in the Morning, lift up your heart to God, and say,

In the Morning.

I.

Blessed be the most
Holy, Glorious, and
Undeiled Trinity, now
and for evermore.

II.

Blessed art thou, O
Lord, who enlightnest
mine eyes, and sufferest
me not to sleep in death.

III.

Blessed art thou, for
thou hast created all
things, and for thy Will's
sake they are, and were
created.

IV.

The Almighty Lord
be now and evermore
my

In the Morning.

my defence, and vouch-
safe to bless and preserve
me from all evil this day
and for ever. *Amen.*

When you are risen,

*Retire your self; and hum-
bly kneeling, adore God,
and say,*

O Holy Lord God
Almighty, before
whom all knees do bend;
and to whom all Crea-
tures in Heaven and
Earth do bow and obey;
behold, here I pro-

strate

In the Morning.

I.

Blessed be the most
Holy, Glorious, and
Undeiled Trinity, now
and for evermore.

II.

Blessed art thou, O
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Almighty; before
whom all knees do bend;
and to whom all Crea-
tures in Heaven and
Earth do bow and obey;
behold, here I pro-
strate

In the Morning.

strate myself before thee,
adoring the divine Ex-
cellency of thy sovereign
and infinite Majesty with
all the powers of my
Soul, submitting my self
with all lowliness and
reverence to the great-
ness of thy Dominion
and Power, and desiring
nothing more than faith-
fully to serve thee all the
days of my life; for
Thou art only holy, thou
only art the Lord: and
glory be to thee, O Lord
most High. Amen.

Having

In the Morning.

*Having thus made your
Adoration and submis-
sion to God, let these be
your Prayers and Devot-
ions every Morning.*

A Confession of Sins
OUR Father which
art in Heaven,
Hallowed be thy Name.
Thy Kingdom come.
Thy will be done in
Earth as it is in Heaven.
Give us this day our
daily bread. And for-
give us our trespasses,
as we forgive them that
trespass against us. And
lead us not into tempta-
tion;

In the Morning.

tion; But deliver us from
evil. For thine is the
Kingdom, and the Pow-
er, and the Glory, for
ever and ever. Amen.

*A Confession of Sins, and
Prayers for Pardon.*

A Almighty God, unto
whom all hearts
be open, all desires
known, and from whom
no secrets are hid; I
come unto thee in the
multitude of thy mer-
cies, and in thy fear do

In the Morning.

I cast my self down before thee, most humbly lamenting my sins, and craving of Thee, the God of all mercy and goodness, perfect remission and forgiveness, through *Jesus Christ* our Lord. *Amen.*

II.

O Thou Maker of all things, and Judge of all men, I acknowledge and bewail the many and manifold sins which from time to time I have most grievously committed, by my thoughts, words, and deeds.

In the Morning.

deeds against thy most
holy Commandments,
provoking thereby most
justly thy wrath and
indignation against me.
I do earnestly repent,
and am heartily sorry
for these my misdoings.
O rebuke me not in
thine indignation, nei-
ther chasten me in thy
heavy displeasure; but
have mercy upon me
for thy Goodness, have
mercy upon me, and for-
give me all that is past:
and grant that I may
always study to serve
thee, and please thee
here-

In the Morning

hereafter in all godliness
and pureness of life, to
the Honour and Glory
of thy Blessed Name,
through Christ our Lord.

Amen.

The Psalm.

THe Lord is loving
unto every man,
and his mercy is over all
his works.

He forgiveth us all
our sins, and hath com-
passion upon all our in-
firmities.

His Loving-kindness is
better than life it self,
and

In the Morning.

and therefore shall my
soul praise him.

Blessed art thou, O
Lord, who wilt not cast
out my Prayer, nor turn
away thy mercy from
me.

As long as I live will
I magnifie thee on this
manner, and lift up my
hands in thy Name.

Glory be to the Father,
and to the Son, and to the
Holy Ghost;

As it was in the begin-
ning, &c.

The

In the Morning

The Lesson.

TAke heed that ye
walk circumspectly,
redeeming the time because
the days are evil. Be
fervent in good works,
and serve the Lord with
all gladness of heart. Be
patient in tribulation,
and continue instant in
prayer. Be courteous and
meek; and as much as
lieth in you live peace-
ably with all men: and
whatsoever ye would that
others should do unto you,
do so to them; for this is
the Law and the Prophets.

The

In the Morning.

The Hymn.

Vouchsafe, O Lord,
to keep me this
day without sin.
To shut and close my
wandering eye,
Lest it let in Vanity.
To keep my heart as pure
and free
From fond and troubled
Fantasie;
To guide my Tongue, so
that no strife
May breed disquiet in
my Life:
To keep all harm, all ill
away,
While

In the Morning.

While I duly spend the
day.

Or this.

O Holy : Ghost, my
Soul inspire,
And lighten with Cele-
stial Fire.

Thy blessed : Unction
from above
Is Comfort, Life, and Fire
of Love.

Anoint and clear my soil-
ed Face

With the abundance of
thy Grace.

Be thou my joy, my rest,
my home,

Where

In the Morning.

Where thou art so, no
ill can come.

Teach me to know the
Father, Son,

And thee of Both to be
but One:

That day by day, all my
Life long

This may be my endless
Song;

To Thee all Honour,
Praise, and Merit,

Father, Son, and Holy
Spirit. *Amen.*

In the Morning.

**A Devout Confession
of our Christian and
Catholick Faith.**

*With Explications: and
Prayers relating there-
unto.*

I Believe in thee, O
God the Father Al-
mighty, Maker of Heaven
and Earth; loving thee
as my Father, reverence-
ing thee as the Almight-
y, and committing my
Soul and my Body to
thee as to a faithful
B Creator.

In the Morning,

Creator. Thou art worthy, O Lord, to receive Glory, Honour, and Power; for thou hast *created* all things, and for thy Will's sake they are, and were *created*.

II. *I believe in Thee*
O thou King of Glory,
the everlasting Son of God
the Father, and our Lord
Jesus Christ, the Great
Mystery of Godliness,
God manifest in the
Flesh, and sent into this
World for our eternal
Salvation in the World
to come.

III. *I believe that thou*

wilt

In the Morning.

wast conceived by the Holy Ghost, and born of the Blessed Virgin Mary without spot of sin, thereby to cleanse us from all sin.

IV. I believe that thou didst suffer what otherwise we must have suffered for ever. That thou wast crucified to set us free from the Curse of the Law.

That thou didst Die, and thereby take away the sting of Death.


That thou wast buried in the Grave, and hadst the Victory over it; to assure us that our Bodies

In the Morning.

shall not corrupt there
for ever.

V. I believe that thou
didst *descend into Hell*,
to triumph over it, and
to free us from the fear
of ever coming into that
Place.

That the *third day*
thou didst *rise again from*
the dead in our Nature,
the First-fruits of them
that are asleep in their
Graves, who are thereby
assured that they also
shall not sleep there for
ever.

VI. I believe that thou
didst *ascend up into Hea-*
 *ven,*

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The first of these is the fact that the
the second is the fact that the
the third is the fact that the
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The Litaney.

bring forth the fruits of
the Spirit, and ever seek
thy Honour and Glory.

*Good Lord, I beseech thee
to hear me.*

That it may please thee
to have mercy upon all
Men.

*Good Lord, I beseech thee
to hear me.*

That it may please thee
to save and preserve our
most Gracious King, and
All his Royal Family.

*Good Lord, I beseech thee
to hear me.*

That it may please thee
to reduce them that
have gone astray from
thy



The Litany.

thy ways, to comfort
them that are in sorrow,
to relieve them that are
in need and tribulation,
and to amend all our
Lives according to thy
Holy Word. *Good Lord, I beseech thee*
to hear me.

O Lord God, Lamb of
God, Son of the Father,
that takest away the sins
of the World,
Have mercy upon me, and
grant me thy Peace.
Amen.

RULES
AND
PRAYERS
FOR THE
AFTERNOON

RELIES



BRITISH MUSEUM

FOR THE

AFTERNOON

Advertisements.

V.

If you have the Govern-
ment of a Family, take
special heed that they
live not disorderly or
idly, to the offence of
Almighty God, and the
scandal of others.

VI.

And forget not (as often
as you can) to be pre-
sent and to assist at the
publick Offices and Di-
vine Services of the
Church, there to at-
tend and perform the
Homage and Worship
of Almighty God, and
to be instructed in his

Rules, &c.

*holy Word: for that is
a Duty and a Service
most highly pleasing to
him.*

VII.

*Remember (and you will
much help your self, if
you remember it) that
you are continually in
the presence of God, and
ought to live continually
in his fear, and in obe-
dience to his Command-
ments.*

VIII.

*Upon all occasions offer-
ed to you, exercise your
Charity, and let not
the day pass you with-
out*

After- Noon.

out some good work done
by you, either of real Ho-
nour to God, or of real
Charity to them that
want it.

After- Noon.

After- Noon retire your
self a while, and use the
Psalm, Lesson, Hymn,
and Prayers following.

UNto thee I lift up
mine eyes, O thou
that dwellest in the Hea-
vens: my Soul waiteth
still upon thee, that thou
mayest bless me.

After-noon.

O hearken thou unto
the voice of my calling,
my King and my God ;
for unto thee do I make
my Prayers.

Shew Thou me the
way that I should walk
in, and teach me to do
the thing that pleaseth
thee.

I will take heed to my
ways, that I offend not
in my tongue ; and I will
make a covenant with
mine eyes, that they be-
hold not vanity.

O let not my foot-
steps erre from the path
of thy Commandments.
But

After-noon.

But let my delight be in walking after the Precepts of thy Law.

Thy Law is an undefiled Law, converting the Soul, and giveth light unto the eyes.

Keep thy Servant from all presumptuous sins, that they may not get the dominion over me; and cleanse thou me from all my secret faults.

That so I may be acceptable in thy sight, O Lord, my Strength and my Redeemer.

Glory be to the Father—

C 4

The

After-noon.

The Lesson.

IF sinners entice thee,
do not thou consent
unto them. These things
doth the Lord abhor: A
proud look and a lying
tongue, an heart that de-
viseth wickedness and
mischief, a false witness
that speaketh not the
truth, and whosoever
soweth discord among o-
thers. In the multitude
of words there will be sin.
Keep innocency, and do
the thing that is right, for
that will bring a man
peace

After-noon.

peace at the last. Let the
same mind be in you that
was in Christ Jesus; and
confess him to be the
Lord, who was obedient
to the Death of the Cross
for the Redemption of
Mankind, unto the Praise
and Glory of God the Fa-
ther.

The Hymn.

WH O more can
crave, Than God
for me hath done,

To free a Slave
That gave his only Son?

Bless'd be that Hour
when he repair'd our loss

C 5

I

After-noon.

I never will
Forget my Saviour's
Cross.

The Prayers.

I.

O God, who knowest
the frailties and in-
firmities of my weak na-
ture, and in the midst of
how many Dangers I
live, being continually
subject to the deceits of
the World, the Flesh, and
the Devil, and having no
Power of my self to help
my self, mercifully look
upon me: and because

After-noon.

I cannot continue in safety without thy Succour, preserve me evermore by thy help and Goodness, and keep me both outwardly in my Body, and inwardly in my Soul; that among the sundry and manifold Dangers of this World, my Heart may be set to attain everlasting Salvation, and my Affections may surely there be fixed where true Joys are to be found, through *Jesus Christ* our Lord. *Amen.*

After-noon.

II.

O God the strength of
all that trust in thee,
mercifully accept these
my humble Supplications
and Prayers; and grant
me the help of thy grace,
that I may please Thee
both in Will and Deed,
and obtain thy Peace all
the days of my Life,
through *Jesus Christ* our
Lord. *Amen.*

III.

A Almighty and ever-
living God, I give
Thee most humble
thanks, for that Thou
hast vouchsafed favour-
ably

After-noon.

rably to call me to the
knowledge of thy Grace,
and Faith in Thee. In-
crease this Knowledge,
and confirm this Faith in
me evermore. Give me
the comfort of thy Holy
Spirit, and multiply upon
me thy manifold Gifts of
Grace, the Spirit of Wis-
dom and Understanding,
the Spirit of Counsel and
Ghostly Strength, the
Spirit of Knowledge and
true Godliness; and ful-
fil me, O Lord, with the
Spirit of thy holy Fear,
through *Christ* our Lord.

Amen.

Rules

After-noon.

Rules and Advertisements.

I.

After this, you may
pass the rest of the
Day in what lawful
Recreations or employ-
ments you judge to be
meet for you.

II.

Spend some while before
Night in Reading, and
read with attention:
but let your Books be
chosen with advice and
care, for your instructi-
on and knowledge in all
good things, and speci-
ally for your Spiritual
Benefit.



PRAYERS

AT

NIGHT

AND

BED-TIME

PRAYERS

AT

NIGHT

AND

BED-TIME

At Night.

Retire your self again.

AND when you have
thought upon all the
day past, how you have
spent it, that is, what
good or evil Actions you
have done, and what bad
inclinations you have re-
sisted or amended, asking
God pardon for all your of-
fences, use these Prayers.

The Psalm and Prayers.

Let my Prayer be set
forth in thy sight, O
Lord, as the Incense;
And the lifting up of
my

At Night,

my Hands be as an Evening Sacrifice.

In thee hath been my hope all the Day long, and under the shadow of thy wings shall be my refuge day and night for ever.

Glory be to—

I.

O Thou Brightness of Eternity, by whose Providence both the Day and the Night were created and governed, and who hast made the outgoings of the Morning and Evening

At Night.

ing to praise Thee, mercifully vouchsafe to let the Light of thy Countenance shine upon me with the blessed Beams of thy Goodness and Mercy, that neither the Prince of Darkness may have any power over me, nor the Works of darkness overwhelm me; but that by thy mighty Protection I may be defended both in Body and Soul from all the perils and dangers of this night, and for evermore, through *Jesus Christ* our Lord. *Amen.*

At Night,

Make me to remember that the Darkness hideth nothing from Thee, but that to Thee the Night shineth as clear as the Day, to Thee the Darkness and the Light are both alike.

O Be thou merciful unto me, and bless me; shew me the light of thy Countenance, and be merciful unto me.

In thy hands I commend my self, my Soul, and my Body, and all

At Night.

all that is mine, for thou
hast made and created
them, and thou hast re-
deemed us, O thou Lord
God of mercy and truth

THou hast Created
all things, and for
thy Will's sake they are,
and were created.

O Send thy Light
and thy Truth,
that they may preserve
me, and save me, for thy
Mercie's sake.

Lord have mercy up-
on me.

Christ

At Night.

Christ have mercy upon

me.

Lord have mercy upon

me.

God the Father bless me.

God the Son defend me.

God the Holy Ghost pre-

serve me now and fir

evermore. Amen.

W

Rules and Advertise-

ments.

After this speak not

unnecessarily to any

before you go to sleep. Re-

member that your Bed is

a representation of the

Grave, and Sleep an Image

of Death. It behoves you

not



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FORMS
OF
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AND
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TO
ALMIGHTY GOD,
FOR
The Forgiveness of Sins.

FORMS
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TO
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[The main body of the page contains extremely faint, illegible text, likely bleed-through from the reverse side of the leaf.]

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for the Sacrament.

in reverencing his Power
and Majesty as I should.

Yea, I have sometimes
doubted of him, misbe-
lieving his Promises, and
not trusting to his Help.
I have made Flesh my
arm, and put my confi-
dence in the pleasing Va-
nities and uncertain Pro-
sperities of the World.
I have otherwhile been
full of roving and unlaw-
ful imaginations concer-
ning God, and full of
wandring thoughts from
his Service.

II. I have often fla-
med to set up to my
self

Confession and Preparat.

His divers Imaginations
and Forms of God's
Worship and Religion,
which he hath not set
and established in his
Church.

I have been negligent
in giving him his exter-
nal Worship and Honour,
not falling down before
him with that inward
reverence of Spirit and
Truth, nor with that out-
ward Order and Humili-
ty of my Body which is
requisite always to be
shewed forth and done
before Him.

III. I have often drawn

nea

for the Sacrament.

near unto him with my lips, when my heart hath been far from him. I have too frequently, vainly, & inconsiderately used his great and fearful Name, and in the eagerness of my Spirit I have not abstained from abusing it with rash Oaths and Ex-
ecrations. My Vows and Promises that I have made in his Name, I have not performed: Those holy things whereon his sacred Name is set & im-
printed; I have not duly regarded; and through my presumptuous vani-

Confession and Preparat.

ties, I have been an occasion to make his Name be evil spoken of, and prophaned by others.

IV. I have often absented my self from the publick Worship and Service of his Holy Assemblies & Sanctuary; vainly mispending the days that are hallowed to the honor of his great Name.

V. I have not carried that reverence and regard, nor given that due obedience which I ought to them whom God hath placed over me, seeking rather my own will and pleasure,

for the Sacrament.

pleasure, than submitting
my self to their lawful
precepts, and advice. I
have too much unregard-
ed the Persons of my Bet-
ters, and been unthank-
ful to them that have de-
serv'd well of me.

VI. I have not done to
all others, as I would
that they should do to
me; I have envied their
welfare, the better and
more prosperous Life of
others above my own. I
have often let the reins
of my Passion loose to
anger, malice, and re-
venge; uncharitably de-

Confession and Preparat:

lighting in the mischief and destruction of my own private or peculiar Enemies. When out of my abundance I might have relieved others that were in want, I have many times neglected it.

VII. I have often suffered my fancy and affections to wander licentiously: I have not held mine Eyes nor mine Ears nor my Tongue from vanity. I have not carefully eschewed the occasions and enticements to corrupt and vain affections: I have not preserved

for the Sacrament.

ved my Body in that Holiness, Honour, and Purity which becometh the Temple of God.

VIII. I have not reckoned Godliness to be my greatest Gain, nor been content with that which I have.

IX. I have listened to Flattery, and used it towards others: of many I have had evil suspicions, and given rash judgment upon them. Upon my self I have set a greater value than I deserved, and seemed better than I was, that I might gain a

DOLE

E 3

false

Confession and Preparat

false reputation from others. And I have often suffered truth to be gainsaid.

X. I am guilty of many inordinate desires and irregular affections.

And wo is me that in all these things I have offended. For if in all these things my Heart should not condemn me, God is greater than my Heart, and knoweth all things. But I confess them, and confessing am sorry for them, and being sorry for them, am ready to leave them, his

Grace

\ for the Sacrament.

Grace thereunto assisting
me; and not only to leave
them, but to judge my
self for them: with all
religious lowliness and
alacrity, submitting my
self freely to the pious di-
rections and advice that
shall be given me by my
Spiritual Governors and
Ministers of God, for
shewing forth the fruits
of my sorrow and repen-
tance, meet for amend-
ment of life. And though
I be altogether unwor-
thy, yet for the Worth
and Merits of my Savi-
our, in whose Merits and

Confession and Preparat.

Mercy I put my whole
Trust and Confidence,
being (as he is) the Pro-
pitiatio[n] not only for my
sins, but for all the sins
of the world, I most hum-
bly crave pardon and ab-
solution from them, and
from all my other sins
which I may have now
forgotten, and whereof
my Conscience may be
afraid.

MEDI-

MEDITATIONS

AND

PRAYERS

AT THE

Holy Communion,

Referring to

I. PURITY.

II. FAITH.

III. CHARITY.

E 5

*Meditations and Prayers
at the Holy Communion.*

Burty

I Will wash my Hands
in innocency, O Lord,
and so will I go to thine
Altar ; I will come into
thine House in the multi-
tude of thy mercies, and
in thy fear will I worship
thee toward thy holy
Foot-stool. For Christ
our Paschever is offered ;
Let us therefore keep the
Feast, not with the Leaven
of malice & wickedness,
but with the unleavened
Bread of Sincerity and
Truth. The

at the Communion.

The Prayer.

O Lord, cleanse the thoughts of my heart by the inspiration of thy Holy Spirit, that my Body may be made clean by the pure Body of my Saviour Jesus Christ, once offered up on the Cross, and that my Soul may be washed by his most precious Blood there shed for me, and that He may abide with me for ever. *Amen.*

Meditations and Prayers.

II.

Faith.

I believe ; Lord, help
mine unbelief.

I Believe that God our
heavenly Father did
of his tender mercy give
his only Son *Jesus Christ*
to suffer death upon the
Cross for the Redempti-
on of the world. I be-
lieve that he made there
by the Oblation of him-
self once offered, a per-
fect Sacrifice and satisfac-
tion for our sins. I be-
lieve that this Sacrament
was ordained for the
continual remembrance
of

at the Communion.

of that his Death and Sacrifice, and for the benefits we all receive by it. I believe that I shall here partake of the spiritual Food and most precious Body and Bloud of Christ, the Bread of Life that came down from Heaven, the Bloud that hath been carried up into the holy places, and the Cup of Eternity. For they that eat of this Bread and drink of this Cup, shall live for ever.

The Prayer.

O My God, what are we, that thou so regardest

Meditations and Prayers.

regarded us to give thy
self for us, to give thy
self to us, to be one with
us, that we may have life
in us, even life immortal,
which will quicken us,
and raise us up at the last
day? O my Lord, I am
not worthy, not worthy
the least of thy Mercies;
how much less of this,
which is the greatest,
greater than the World,
greater than the Hea-
vens, greater than all the
Treasures of Heaven and
Earth; but, I beseech
Thee, look upon me in
the Greatness of thy Mer-
cies,

at the Communion. M
cies, not weighing my
Merits, but pardoning
mine offences. *Amen.*

*And now
shall we have the excellent
gift of Charity, and in
this shall we have the*

This is a Sacrament
of Love, and this
is thy Commandment
that we should love one
another, even as thou
hast loved us: for we
being many, are one Bo-
dy, whereof Christ our
Lord is the Head. *Amen.*

The Prayers.

O Thou Blessed and
undivided Trinity,
whiche teachest us that all
our

Meditations and Prayers.

our doings without Love
and Unity are nothing
worth, send into all our
hearts that most excellent
gift of Charity, and in-
flame our Souls with the
Celestial Fire of thy
Love, that living toge-
ther in unity of Spirit
and the bond of Peace a-
mong our selves, we may
perfectly love Thee, and
worthily magnifie thy
Holy Name, through
Christ our Lord. Amen.

Our beſt and T

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NO



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S
de
Me

Afore the Holy Communion.

*A Litany
Privately to be used before
the Receiving of the
Holy Communion.*

O God the Father,
God the Son, and
God the Holy Ghost;
God the most holy, blef-
sed, and glorious Trinity,
Have mercy upon me.

O Thou immaculate
Lamb of God, who ta-
kest away the sins of the
World,
Have mercy upon me.

O Christ the Eternal
Son of the Father, the Re-
deemer and Preserver of
Men, the Bread and Life
of

Afore the Communion.

of the World, the Author and finisher of our Faith, the Great Mystery of Godliness, the Word that was made Flesh, to save thy Servants from their Sins.

Have mercy upon me.

Save me, O God; for I come unto Thee in the multitude of thy Mercies, and in thy Fear will I fall down and worship Thee in thy Holy Temple, that Thou mayst

Have mercy upon me.

Call to remembrance, O Lord, thy tender Mercies, and thy loving kindness

Afore the Communion.

kindness which hath
been ever of old: O re-
member not the sins and
frailties of thy Servant,
but Spare me, O Lord,
Spare me for thy good-
ness, and all most unwor-

Have mercy upon me.

From my unworthiness
to receive thy blessed Bo-
dy and Bloud, by which
thou hast redeemed me;
from all carnal, vain,
and earthly Imaginations
in this thy Holy Sacra-
ment; from all misbe-
lief and incredulity of
thy Word; from all de-
fects of Sanctity, Love,
○ and

Afore the Communion.

and Charity ; from all
my Sins and Iniquities,
Good Lord, deliver me.

By that fervent ardor
of Goodness and Charity
wherewith thou camest
down from Heaven ; by
thy blessed Cross and
Passion, and by the my-
sterious institution of this
thy Holy Sacrament,

Good Lord, deliver me.

By thy most sacred Bo-
dy, which was broken &
crucified ; by thy most
precious Bloud, which
was shed & poured forth
for the Sins of the World,

Good Lord, deliver me.

Afore the Communion.

O Lord God, I beseech thee to hear me, and that it may please thee to give us all true Faith and Repentance; with devout humility and Reverence, rightly and duly to celebrate this thy holy Sacrament, in memory of thy most hallowed, true, and propitiatory Sacrifice, with a firm faith to receive thy blessed Mysteries, & to give thanks unto thy Name.

*O Lord, I beseech thee
to hear me.*

That it may please thee
to accept this our bound-
dent

Afore the Communion.

den duty and service, our
Sacrifice of Praise and
Thanksgiving, the Me-
morial that we now make
of thine own death and
Sacrifice, which was
once offered for us, and to
grant that by the Merits
and Power thereof, we
and all thy Servants may
receive remission of our
sins, and be filled with
thy Grace and Heavenly
Benediction.

*O Lord, I beseech thee
to hear me.*

O Lord God, Lamb of
God, Son of the Father,
thou that takest away
the

Afore the Communion.

the Sins of the World,
Receive my Prayer.

When you are ready to
receive the Holy Sacrament
in each kind, do it with
the greatest reverence and
devotion that you may,
(yet without all affectati-
on and singularity) lifting
up your hands and your
heart to God.

And after you have Re-
ceived, lift up your hands
again, and say devoutly
with your self, while others
receive;

I.

Blessed art Thou, O
Lord; Blessing and
Honour

Afore the Communion.

Honour and Glory be
unto thee, O thou Lamb
of God, for evermore.

Amen.

II.

This is the Lord's do-
ing, and it is marvellous
in our eyes.

III.

I will magnifie thee, O
Lord, and will praise thy
Name for ever and ever.

IV.

All thy Works praise
thee, O Lord, and thy
Saints give thanks unto
thee.

V.

Happy are those Ser-
vants

Afore the Communion.

vants whom when their
Lord cometh he shall
find thus doing.

VI.

Salvation, and Blessing
and Honour, be unto
him that sitteth upon the
Throne of Heaven, now
and for ever, *Amen.*

*A Thanksgiving after the
Holy Communion.*

Blessed art Thou, O
Lord God, and blest-
sed be thy Holy Name
for ever; who hast now
vouchsafed to feed me
with the Bread of Life,
and hast given me to
F drink

After the Communion.

drink the Cup of Eternity, the holy and heavenly Mysteries of the Body and Bloud of my Saviour, thereby assuring my Soul of thy favour and goodness towards me, for the sealing of my Faith, for the pardon of my Sins, for the obtaining of my Peace, and all other Benefits of Christ's blessed Passion.

I now most humbly beseech thee to assist me with thy Heavenly Grace, that I may continue thine for ever, and be made a Temple of thy Holy

After the Communion.

Holy Spirit; and that
having now Christ dwelling
in me by faith, I may
accomplish the rest of
my life in Repentance
and Godly fear, in mor-
tifying my own sinful
desires, and in keeping
thy Holy Command-
ments. For which end
guide me with thy Pow-
er, enlighten me with
thy Word, and quick-
en me with thy Spi-
rit. Elevate my Senses,
compose my Manners,
and order my Conversa-
tion aright; for thou art
able to do abundantly
-1970 F 2 above

After the Communion.

above all that I can ask
or think: by which thy
great and y^e bountiful
goodness towards me,
thou wilt glorifie thy
Name in me, and bring
me at last to thine Eter-
nal Kingdom of Glory,
through him who is the
King of Glory, my blef-
sed Lord and Saviour Je-
sus Christ. Amen.

Heb. 13. **T**He God of
Peace who
brought again from the
Dead our Lord Jesus
Christ, the great Shep-
herd of his Flock,
through the Bloud of his
ever-

After the Communion.

everlasting Testament,
make me perfect in every
good work to do his
Will, and that which is
well-pleasing in his sight
through the same Jesus
Christ our Lord. To
whom with the Father
and the Holy Ghost be
Glory for ever. Amen.

2m qd 0 ccc lxxv.

After the Communion.

everlasting Testament
make the tables in every
good work to be his
will, and that which is
well pleasing in his sight

PRAYERS

to whom with the Father
and the Holy Ghost be
Glory for ever, Amen.

UPON

Sundry Occasions.

PRAYERS

*When you are upon a
Journey.*

I.

THe Almighty Lord
be now and ever-
more my defence, to bleſs
me and preſerve me from
all evil in my going out,
and my coming in, and
give his Angels charge
over me, to keep me in
all my ways.

II.

IF God will be with
me, and keep me in
this way that I go, ſo that
I come to my home in
Peace; then ſhall I give

F 4

Thanks

Prayers upon a Journey.

Thanks and pay my
Vows unto him.

III.

O God, who knowest
us to be set in the
midst of many dangers,
grant that by thy mighty
aid I may be defended
from all things that may
hurt me either in Body
or Soul, through *Christ*
our Lord. *Amen.*

IV.

Dispose and Govern
the way of thy Ser-
vant, O Lord, and fur-
ther me with thy graci-
ous and continual help,
that in all my doings be-
gun

Prayer upon a Journey.

gun, continued, and ended
in Thee, O may glorify
thy holy Name, and
keep my self by thy most
mighty protection in the
ways of thy laws; and
paths of thy Command-
ments, for the attainment
of everlasting rest and
peace in thy heavenly
Kingdom, through Christ
our Lord. Amen

Teach me thy ways, O
God, and direct me
thy paths; for I lift up
my Soul unto thee. Lead
me forth in thy truth, and
hasten me; for thou art the
true God

150 F 5

Prayers upon a Journey.

God of my Salvation in
thee hath been my hope
all the day long. *Amen.*

PRAYERS

*In the time of any sudden
danger or distress.*

I.

A Almighty and ever-
lasting God, merci-
fully look upon me, and
in this time of danger and
necessity stretch forth
thine hand to succour
and defend me, through
Christ our Lord. *Amen.*

II.

THe Almighty Lord,
who is a strong
Tower

Prayers in time of danger.

Tower of defence against
all the Perils, Assaults,
and Tribulations of this
World, be now and ever-
more my Aid and Protec-
tor, through *Jesus Christ*
our Blessed Lord and Sa-
viour. *Amen.*

III.

From Lightning and
Tempest, from all
Evil and Mischief, and
from sudden death.

Good Lord, deliver me.

II

Prayer

PRAYERS

In the time of sickness and affliction.

SAve me, O King of Heaven and hear me when I call upon thee; for I am in affliction and heaviness. Thou art a defence for the oppressed, and a refuge in the needful time of trouble: look down from Heaven and visit me with thy Salvation. II.

I Know that it is thy hand, and that thou Lord hast done it, and thy doings are always just:

Prayers in time of Sickn.

just: but thou art also
good and gracious, and
of great mercy to them
that call upon thee. Thou
upholdest all them that
are fallen, and liftest up
those that be down.

I Know that of very
faithfulness thou hast
caused me to be troubled
that I might call upon
thy Name.

And now, Lord, what
is my hope? Truly
my hope is even in Thee:
For thou art the hope
of all the ends of the
Earth,

Prayers in time of Sickn.

Earth, the aid of all that
need, the help of all that
fly to thee for Succour,
O turn thee unto me, and
shew me the light of thy
Countenance, that I may
be made whole, and give
thanks unto thy Name.

V.
O God, favourably,
with mercy hear
my Prayers, and grant
that all those things
which I suffer for my
sins, I may well pass and
overcome, by thy most
gracious and ready help
through Christ our Lord
Amen.

Prayers in time of Sickn.

VI.

O Do well unto thy
Servant, that I may
live and keep thy Com-
mandments.

VII.

Mercifully, O Lord,
look upon mine
Infirmity, and for the
glory of thy Name turn
from me all those Evils
that I most righteously
have deserved, and grant
that in all my troubles I
may put my whole trust
and confidence in thy
mercy, and evermore
serve thee in holiness and
purity of living, to thy
honour

Prayers in time of Sicknes.

Honour, and Glory,
through our only Mediator
and Advocate *Jesus*
Christ our Lord. Amen. *II*

Meditations in the time of
sicknes, upon the great
Mercies of God. **M**

And for the
Infirmitie. **W**hen we are judg-
ed, we are chastised

of the Lord, that we
may not be condemned
with the world. *II.*

Refuse not the cor-
rection of the Almighty:
it is the Lord, let him
do what seems good in
his own eyes. *III.*

Meditations in Sicknes.

III.

AS it pleaseth the Lord, so cometh every thing to pass: Blessed be the Name of the Lord.

IV.

GOD is the Lord of Life and Death, of sickness and of health, by whose appointment we were born, and by whose commandment again we must die; our time is in his hand, and to him belong the issues of Death.

V.

GOD is meek and gentle, ready to accept our sorrow and repentance for sin.

VI.

Meditations in Sicknes.

VI.

HE is exceeding slow
to anger, and not
easily provoked; he seeth
our sins, and makes as if
he saw them not; he ma-
ny times overlooketh
them, and by his long-
suffering passeth them by
as loth to see them.

VII.

When he cannot
but see, yet he for-
bears, and is patient; For-
bears long, suffers long,
many times, many years.

VIII.

When he can suffer,
& stay no longer,
but

Meditations in Sicknes.

but punish he must, he doth it against his will; and when he is angry, he containeth himself in it, and suffereth not his whole displeasure to arise.

IX.

HE is angry, but not according to our deserts, nothing so much: He is angry but not long, it endures but a little while, and in his wrath he thinketh upon mercy; he thinks every stripe two, and is quickly weary; he repents him of the evil, and is soon appeased.

X.

Meditations in Sicknes.

ed X.

HE will have none to
perish, but have all
to be saved; he willeth
not the death of a sinner,
but that he should repent
and live.

XII

Not of any sinner, not
of *Manasses*, not of
Rahab, not of *Mary Mag-*
dalen; not of *Saint Paul*,
who was once a chief sin-
ner.

XIII

For Christ came into
the world to save sin-
ners, and of them that
come unto him he casteth
none out.

*A Thanksgiving after Recov-
ery from Sicknes.*

O Lord, thou hast dealt
graciously with my
Servant, according to thy
great Goodness and Mercy.
Before I was troubled, I went
astray; but now I will take
heed to my ways, that I
swerve not from thy Precepts.
It is good for me that I have
been in trouble, that I may
learn to obey thy Command-
ments.

II

Righteous art thou, **O**
Lord, and true are thy
Judgments. In trouble and
heaviness I have taken hold
upon me, but my sure trust
hath been in thy Mercy. **O**
let

Thanksgiving after Sicknes.

let my Soul live and it shall
praise thee, and thy Judg-
ments shall help me.

Job. xlii. v. III. b. 10.

I Will always give thanks
unto the Lord, his Praise
shall be ever in my mouth. O
Lord my God, I cried unto
Thee, and thou hast healed
me: Thou hast turned my
heaviness into joy, and girded
me with gladness, therefore
will I sing of thy Praise with-
out ceasing, and give thanks
unto Thee for ever.

IV.

I Sought the Lord, and he
heard me, and delivered
me out of all my trouble: for
the Angel of the Lord tarri-
eth round about them that
fear him, and delivereth
them.

Thanksgiving after Sicknes

them. The eyes of the Lord
are over the righteous, and
his Ears are open unto their
Prayers.

V.

WHat reward shall I
give unto the Lord
for all the benefits that he
hath done unto me? I will
take the Cup of Salvation,
and call upon the Name of
the Lord. I will offer to
Thee the Sacrifice of Thank-
sgiving, evermore praising
Thee, and saying, O Holy
Lord God Almighty, Thou
art worthy O Lord, to receive
Honour, and Glory, and Pow-
er: for thou hast created all
things, and for thy Wills sake
they are and were created.

VI.

Thanksgiving after Sickn:

Blessing, and Honour, and
Glory, and Thanksgi-
ving, and Power, and Might,
be unto the Lord our God
for ever and ever.

A M E N



THE END

THE
LAST WORDS
OF THE
Reverend, Pious, and
Learned
Dr. HAMMOND.

Being Two
PRAYERS
FOR THE
Peaceful Re-settlement
OF THIS
CHURCH and STATE.

LONDON,

Printed for R. Royston, Bookseller to
His most Sacred Majesty. 1679.

THE
LAST WORDS

OF THE
Reverend, Pious, and
Learned

DR. HAMMOND.



Practical Religion
OF THIS
CHURCH AND STATE.

LONDON.

Printed by A. Knapton, in Strand,
near St. Dunstons Church.



*Prayers for the Church
and State.*

Prayer I.

O Blessed Lord, who
in thine infinite
mercy didst vouchsafe to
plant a glorious Church
among us, & now in thy
just judgment hast per-
mitted our sins and fol-
lies to root it up; be
pleased at last to resume
thoughts of Peace to-
wards us, that we may do
the like to one another.

Prayers for the

Lord, look down from Heaven, the habitation of thy Holiness, and behold the Ruines of a desolate Church, and compassionate to see her in the dust. Behold her, O Lord, not only broken, but crumbled, divided into so many Sects and Fractions, that she no longer represents the Ark of the God of *Israel*, where the Covenant and the Manna were preserved, but the Ark of *Noah*, filled with all various sorts of unclean Beasts: and to compleat our misery

Church and State.

fery and guilt, the Spirit
of Division hath insinua-
ted it self as well into our
Affections as our Judg-
ments; that Badge of
Discipleship which thou
recommendedst to us, is
cast off, and all the con-
trary wrath and bitter-
ness, anger and clamour,
called in to maintain and
widen our breaches. O
Lord, how long shall we
thus violate and defame
that Gospel of Peace that
we profess? how long
shall we thus madly de-
feat our selves, lose that
Christianity which we

Prayers for the

pretend to strive for? O
thou which makest men
to be of one mind in an
house, be pleased so to
unite us, that we may be
perfectly joyn'd together
in the same mind, and in
the same judgment. And
now that in Civil Affairs
there seems some aptness
to a compofure, O let
not our Spiritual Diffe-
rences be more unrecon-
cileable. Lord, let not the
roughest winds blow out
of the Sanctuary, let not
those which should be
Embassadors for Peace,
still found a Trumpet for
War:

Church and State.

War: but do thou reveal
thy self to all our *Eliab's*
in that still small Voice,
which may teach them
to echo thee in the like
meek treating with o-
thers. Lord let no unrea-
sonable stiffness of those
that are in the right, no
perverse obstinacy of
those that are in the
wrong, hinder the closing
of our wounds; but let the
one instruct in meekness,
& be thou pleased to give
the other repentance to
the acknowledgment of
the truth. To this end, do
thou, O Lord, mollifie all

Prayers for the

exasperate minds, take off all animosities and prejudices, contempt and heart-burnings, and by uniting their hearts, prepare for the reconciling their Opinions: And that nothing may intercept the clear sight of thy truth, Lord, let all private and secular Designs be totally deposited, that gain may no longer be the measure of our Godliness, but that the one great and common concernment of truth and peace may be unanimously and vigorously pur-

Church and State.

pursued. Lord, the hearts
of all men are in thy
hands, O be thou pleased
to let thy Spirit of Peace
overshadow the minds of
all contending Parties;
and if it be thy will, re-
store this Church to her
pristine state, renew her
daies as of old; let her
escape out of Egypt: Be so
entire, that not an Hoof
may be left behind: but if
thy Wisdom see it not yet
a season for so full a deli-
verance, Lord, defer not
we beseech thee, such a
degree of it, as may at
least secure her a being;

Prayers for the

if she cannot recover her
Beauty, yet, O Lord,
grant her Health, such a
soundness of Constitution
as may preserve her
from dissolution. Let thy
providence find out some
good *Samaritans* to cure
her present Wounds;
and to whomsoever thou
shalt commit that impor-
tant Work, Lord, give
them skilful hands and
compassionate hearts; di-
rect them to such applica-
tions as may most spee-
dily and yet most sound-
ly heal the hurt of the
Daughter of Sion; and
make

Church and State.

make them so advert to the Interests both of Truth and Peace, that no lawful condescension may be omitted, nor any unlawful made. And do thou who art both the wonderful Counsellor and Prince of Peace, so guide and prosper all Pacifick endeavors, that all our distractions may be composed, and our Jerusalem may again become a City at unity in it self; that those happy Primitive days may at length revert, wherein Vice was the only Here-
G 6 sic;

Prayers for the

if she cannot recover her
Beauty, yet, O Lord,
grant her Health, such a
soundness of Constitution
as may preserve her
from dissolution. Let thy
providence find out some
good *Samaritan* to cure
her present Wounds:
and to whomsoever thou
shalt commit that impor-
tant Work, Lord, give
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compassionate hearts; di-
rect them to such applica-
tions as may most spee-
dily and yet most sound-
ly heal the hurt of the
Daughter of *Sion*: and
make

Church and State.

make them so advert to the Interests both of Truth and Peace, that no lawful condescension may be omitted, nor any unlawful made. And do thou who art both the wonderful Counselor and Prince of Peace, so guide and prosper all Pacifick endeavors, that all our distractions may be composed, and our *Jerusalem* may again become a City at unity in it self; that those happy Primitive days may at length revert, wherein Vice was the only Here-

1501 G 6 sic;

Prayers for the

tie ; that all our intestine contentions may be converted into a vigorous opposition of our common Enemy, our unbrotherly Feuds into a Christian Zeal against all that exalts it self against the obedience of *Christ*. Lord hear us, and ordain Peace for us, even for his sake whom thou hast ordained our Peace-maker, *Jesus Christ* our Lord.

Prayer the II.

O Most gracious Lord who dost not afflict willingly, nor grieve the children of men, who smir-

test

Church and State.

test not till the importu-
nity of our sins enforce
thee, and then correctest
in measure, we thy un-
worthy Creatures hum-
bly acknowledge that we
have abundantly tasted
of this patience and leni-
ty of thine. To what an
enormous height were
our sins arrived, ere thou
beganst to visit them! &
when thou couldest no
longer forbear, yet ma-
stering thy Power, thou
hast not proportion'd thy
vengeance to our crimes,
but to thy own gracious
design of reducing and
reclaim-

Prayers for the

reclaiming us. Lord, had
the first stroke of thy
hand been extermina-
tings, our guilts had justi-
fied the method; but
thou hast proceeded by
such easie and gentle
degrees, as witness how
much thou desiredst to
be interrupted, and shew
us, that all that sad
weight we have long
groaned under, hath been
accumulated only by our
own incorrigibleness. Tis
now, O Lord, these
many years, that this
Nation hath been in the
furnace, and yet our
dross

Church and State.

dross wastes not, but increases; and it is owing only to thy unspeakable mercy, that we, who would not be purified, are not consumed; that we remain a Nation, who cease not to be a most sinful and provoking Nation. O Lord, let not this long-suffering of thine serve only to upbraid our obstinacy, and enhance our guilt; but let it at last have the proper effect on us, melt our hearts, and lead us to repentance. And O that this may be the day for us

Prayers for the

us thus to discern the things that belong to our Peace! that all who are (yea, and all who are not) cast down this day in an external humiliati- on may by the operation of thy mighty Spirit have their souls laid prostrate before thee in a sincere contrition! O thou who canst out of the very stones raise up Children unto *Abraham*, work out stony flinty hearts into such a temper as may be malleable to the impres- sions of thy grace, that all the sinners in *Sion* may tremble;

Church and State,

tremble; that we may not by a persevering obstinacy seal to our selves both temporal and eternal ruine, but in stead of our mutinous complaining at the punishments of our sins, search and try our ways, and turn again to the Lord. O be thou pleased to grant us this one grand fundamental mercy, that we who so impatiently thirst after a change without us, may render that possible and safe by this better and more necessary change within us; that our sins may

Prayers for the

may not, as they have so often done, interpolate and eclipse that light which now begins to break out upon us. Lord, thy Dove seems to approach us with an Olive Branch in her mouth; Oh let not our filth and noisomeness chase her away; but grant us that true repentance which may atone thee, and that Christian Charity which may reconcile us with one another. Lord, let not our breach either with thee, or among our selves, be incurable, but by making up

Church and State.

up the first, prepare us for
the healing of the latter.
And because, O Lord, the
way to make us one Fold
is to have one Shepherd,
be pleased to put us all
under the conduct of him
to whom that charge be-
longs; bow the hearts of
this People as of one
Man, that the only con-
tention maybe, who shall
be most forward in
bringing back our Da-
vid. O let none reflect
on their past Guilt, as an
Argument to persevere,
but repent, and to make
their return so sincere as
may

Prayers for the

may qualifie them, not only for his but thy Mercy. And, Lord, be pleased so to guide the hearts of all who shall be intrusted with that great Concernment of settling this Nation, that they may weigh all their deliberations in the Balance of the Sanctuary, that Conscience, not Interest, may be the ruling principle, and that they may render to *Cæsar* the things that are *Cæsar's*, and to God the things that are God's; that they may become healers of
our

Church and State.

our breaches, and happy
Repairers of the sad Ru-
ines both in Church and
State: And grant, O Lord,
that as those sins which
made them are become
National, so the repen-
tance may be National
also, and that evidenc'd
by the proper fruits of it,
by zeal of restoring the
rights both of thee and
thine Anointed. And do
thou, O Lord, so dispose
all hearts, and remove
all obstacles, that none
may have the will, much
less the power, to hin-
der his peaceable resti-
tution

Prayers for the

ration. And, Lord, let him bring with him an heart so intirely devoted to thee, that he may with his own Honour only as a means to advance thine. O let the Precepts and Example of his blessed Father never depart from his mind; and as thou wert pleas'd to perfect the one by suffering, so perfect the other by acting thy will; that He may be a blessed Instrument of replanting the power in stead of the form of Godliness among us, of restoring Christian
24
vertue

Church and State

vertue in a profane and almost barbarous Nation. And if any wish him for any distant ends, if any desire his shadow as a shelter for their riots and licentiousness, O let him come a great, but happy defeat to all such, not bring fewel, but cure to their inordinate appetites; and by his example as a Christian, & his Authority as a King, so invite to good, and restrain from evil, that he may not only release our temporal, but our spiritual bondage, suppress those
foul

Prayers for the Church &c

foul and scandalous Vices
which have so long Capti-
red us, and by securing us
inward, provide for the per-
petuating our outward peace.
Lord, establish & thou
throne in righteousness, make
him a signal instrument of
thy glory and our happiness
and let him reap the fruits of
it in comfort here, and in
bliss hereafter; so that his
earthly Crowns may serve to
enhance and enrich his hea-
venly. . . Grant this, O King
of Kings, for the sake and
intercession of our Blessed
Mediator *Jesus Christ*.

Yam ed iadi . live mot

mot mot . live mot

mot mot . live mot

mot mot . live mot

mot mot . live mot

